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WHAT IS CLAIMED IS:

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1. A method of fabricating a thin film transistor, comprising the steps of:

forming a gate insulating layer on an active layer; forming a gate on the gate insulating layer;

forming an excited region in an exposed portion of the active layer by implanting hydrogen ions to the active layer by using the gate as a mask; and

forming an impurity region by heavily implanting impurity ions to said excited region while the excited region remains in an excited state.

- 2. The method of claim 1, wherein the gate insulating layer is formed by depositing silicon dioxide or silicon nitride on a glass substrate.
 - 3. The method of claim 1, wherein the active layer is formed by depositing undoped polycrystalline silicon.
 - 4. The method of claim 3, wherein the undoped polycrystalline silicon has a thickness of between about 400 and 800Å.
- 5. The method of claim 3, wherein the active layer is formed using chemical vapor deposition process.
 - 6. The method of claim 1, wherein the active layer is formed by depositing amorphous silicon and crystallizing the amorphous silicon by laser annealing.
 - 7. The method of claim 1, wherein the exposed portion of the active layer is formed by the steps of

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depositing an another layer of silicon dioxide on the gate insulating layer to cover the active layer;

depositing a conductive material on the another layer of silicon dioxide; and

patterning the conductive material and the another layer of silicon dioxide to form an insulating layer and to form the gate over a selected portion of the active layer.

- 8. The method of claim 7, wherein the gate insulating layer and the gate comprise a thickness of about 500-1500Å and, about 1500-2500Å, respectively.
 - 9. The method of claim 1, wherein said hydrogen ions are implanted with implantation energy between about 50 and 150KeV.
 - 10. The method of claim 1, wherein said hydrogen ions are implanted with a dose of between about $5 \times 10^{14} 5 \times 10^{16}$ ions/cm².
- 11. The method of claim 9, wherein said hydrogen ions are implanted to heat up the excited region to a temperature between about 200~300 degrees Celsius.
 - 12. The method of claim 10, wherein said hydrogen ions are implanted to heat up the excited region to a temperature between about 200~300 degrees Celsius.
 - 13. The method of claim 1, wherein said hydrogen ions are implanted in the active layer and simultaneously form the impurity region.
 - 14. The method of claim 1, wherein the hydrogen ion implantation time is proportionately related to the size of the active layer.

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15. A method of fabricating a thin film transistor, comprising the steps of:

forming an impurity region for a source and a drain region by implanting impurity ions on said impurity region; and

activating said impurity ions simultaneously with the step of forming the impurity region by maintaining the impurity region in an excited state due to ion particle mobility and excitation.

- 16. The method of claim 15, wherein the impurity region is formed by heavily doping the region with n-typed impurities.
 - 17. The method of claim 16, wherein the n-typed impurities become self-activated due to the excitation of said impurity particles.
 - 18. The method of claim 15, wherein the impurity region is formed by heavily doping the region with p-typed impurities.
- 19. A thin film transistor prepared by a process comprising
 20 the steps of forming a gate insulating layer on an active layer;
 forming a gate on the gate insulating layer; forming an excited
 region in an exposed portion of the active layer by implanting
 hydrogen ions to the active layer by using the gate as a mask; and
 forming an impurity region by heavily implanting impurity ions to
 25 said excited region while the excited region remains in an excited
 state.
- 20. The thin film transistor of claim 19, wherein the gate insulating layer is formed by depositing silicon dioxide or silicon nitride on a glass substrate, and the active layer is formed by depositing undoped polycrystalline silicon.